

ABSTRACT OF THE DISCLOSURE

A heating element for an electric appliance for heating or cooking foods. The heating element is composed of:  
a tubular metal envelope; and a resistance wire encased in an  
5 insulator disposed at the interior of the tubular envelope.  
The wire is composed of nickel and iron as the two principal  
elements, and has a temperature coefficient  $\alpha$  greater than  
1500 ppm/ $^{\circ}$ C. The wire may be wound in a spiral and the outer  
diameter of the spiral is greater than 0.7 times the inner  
10 diameter of the tubular envelope.